

**Alexandria Commission on Aging Minutes  
September 11, 2014**

**Members Present:** Bob Eiffert , Jan Macidull, Mary Lee Anderson, Charles Bailey, Alan Dinsmore, Sean Dunbar, Cedar Dvorin, Elisabeth Palmer Johnson, Anestacia Graham, David Kaplan, Michael Kreps, Dan Kulund, Mary Parker, Del Pepper

**Members Excused:** Carol Downs, Joan Dodaro, Jane King

**Members Unexcused:** Ben Kellom

**Liaisons Present:** Vanessa Greene and Cynthia Pearce, Charles Houston Senior Center; Kathryn Toohey, St. Martins Senior Center; Margaret Orlando, Recreation, Parks and Cultural Activities; Linc Cummings, Arlington Commission on Aging; Ian Torrence, Police Department

**Staff Members Present:** MaryAnn Griffin, Debbie Ludington and JoAnn Callender, Division of Aging and Adult Services

**Guests Present:** Nechelle D. Terrell, Health Department; Howard Adelson

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**Call to Order:** Convened by Chair, Bob Eiffert, at 4:00PM.

**Robust Walking Warm-up:** Motos were led by Dan Kulund, MD.

**Welcome Guests**

**Approval of June minutes:** June 12 minutes were approved as submitted.

**Special Presentation:** HIV/AIDS and Aging, presented by Nechelle D. Terrell, HIV/AIDS Prevention Coordinator, Alexandria Health Department

- Handout: “Aging is a Part of Life: HIV Doesn’t Have to Be”
- Nechelle’s work includes prevention and education events, conference on November 30 (World AIDS Day; schools, testing, condom distribution, education re. use of medications. She chairs the Northern Virginia HIV Education Committee.
- September 18 is National AIDS and Aging Awareness Day (NHAAAD) where she will present the information in the handout distributed today, which covers:
  - Goals of NHAAAD
  - Target audiences: people with HIV/AIDS who are aging or over 50 at time of diagnosis; population that needs to protect itself from infection (esp. Baby Boomers); grandparents who are becoming primary guardians for children who have lost parents due to HIV/AIDS.
  - Scope of the problem: no definitive data for Alexandria as these are submitted to and kept by the state of VA. She has data for Northern VA, to

be forwarded. Latest national data is from 2009. Those 50+ accounted for: 17% of new diagnoses; 35% of persons with AIDS; 24% of all AIDS diagnoses; 45% of all deaths from AIDS. Largest rate is among those 13-29.

- Issues:
  - Stigma: HIV/AIDS and aging. Aging are judged more harshly than the young, not given as much help as young.
  - African American women over age 50 represent 65% of those women with HIV and half of all AIDS cases.
  - Lack of knowledge about why and when to get tested, lack of prevention.
  - Need for MD's to make this part of routine testing of everyone, not just the young.
  - Major players in Northern Virginia: Commission on HIV and AIDS; pastors.

### **Executive Committee Report:**

1. The **Commission's annual report to City Council** was written by and submitted to Council yesterday by Jane King. Input from committee chairs was provided to Jane throughout the process.
2. **City budget process:** Bob Eiffert testified before Council in June re. the budget process. David Kaplan talked with Justin Wilson and received a document from the manager regarding this year's potential process. It was noted by Council members that they had not been particularly aware of senior issues prior to the Commission's extensive advocacy efforts during the 2015 budget discussions.

An estimated gap of \$10 million is expected to impact all City Departments in the 2016 budget. The Commission will work with other City Commissions to support retention of priority programs and services.

Bob asked whether Council has scheduled a meeting for community input re. the budget. Council member Del Pepper responded that this is TBD. Asked of Del was why there is not protected time in the budget process for City Commissions to testify, as contrasted with the current option of appearing during public hearings. Bob underscored the Commission's appreciation for the consistent and strong support provided by Councilmember Pepper.

Council will have its retreat this fall to discuss these and many more issues. COA should be very visible at this and all upcoming budget-related events. At our October meeting we can plan for the first public hearing.

3. **Housing:** Bob and Bill Harris have arranged a **meeting September 15 with Helen McIlvaine, Deputy Director, Alexandria Office of Housing**. All Commission members are invited. Helen came from Arlington's housing program, and has been with Alexandria for 8 years. She is the "face of housing" on the Beauregard redevelopment project.

**Woodbine development project:** Memory Care without subsidized units is now proposed for the site on Woodbine's existing property. Neighbors have indicated opposition to this proposal. Cedar Dvorin noted it is sad to see no affordable assisted living units will be included.

**Property Tax Relief for Elderly and Disabled:** Continued monitoring of those impacted by this year's changes in this tax relief program continues by the City.

**Planning Department Development Project Tracking:** Anestacia has volunteered to help lead the collection and updating of data kept by the Department of Planning and Zoning on the development status of projects proposed or underway in the City. She and Jan will meet soon to outline how this will be done and identify help needed from others.

**Ladrey:** Charles offered kudos to Mary Ann Griffin and staff for their presentation to residents on July 9. This happened because Charles reported back to the COA residents' strong interest in learning more about services offered by DAAS.

4. **Advocacy:** Bob urged members to attend NVAN's Annual Legislative Breakfast on October 1. This is our time to meet with state legislators. There will be an Alexandria table.

**Aging Network** will meet next week to adopt the legislative platform for 2015.

**Legislative Forum** is done annually, cosponsored by Arlington and Alexandria. This year's will be November 7 at the Fairlington Recreation Center, with the program from 10:00-11:30.

5. **Transportation: Safe Routes to Schools Program** - Dan reported what is good for aging is also good for kids. He met with Ann Booth, who chairs this program, and with two physical educators to put together a program where older adults can assist in helping children walk safely to school.

**Public transit training:** Alan Dinsmore reported about the need for and options to help older Alexandrians use public transit. Lack of knowledge about and comfort in using public transit are key barriers. Education and good marketing are key issues. Suggested contacts are Alison Teeban, DASH liaison, and Reggie Washington, METRO trainer. Women tend to live ten years after losing their license/car; men, 6 years.

**Safe Driving:** Cedar pointed out the need for more awareness among drivers about the law requiring them to stop when a pedestrian enters a marked crosswalk. Likewise, pedestrians need to make eye contact before moving into a crosswalk. AARP has a Safe Driving course which covers many of these issues. Link Cummings, who has been representing the Arlington Commission on Aging at our meetings, is an instructor.

**Bike and Pedestrian Plan:** Maps with hazard locations are being created. You can provide input on these on the City website.

6. **Health, Wellness, Safety:** Dan noted the continuing progress of Robust Walking programs in our area. Jerry King leads a Del Ray group at 8AM on M, W, and F. A Market Square group will start on September 25th at 9AM on Thursdays.
7. **Economic Development:** Mary Lee said their committee has recruited a new member from the Chamber of Commerce who has offered to help survey Chamber members about what they offer to seniors. It is hoped that results can be sent out before the holidays to help businesses target seniors to let them know more about their products and services.

### **Liaison Reports**

**DAAS:** MaryAnn Griffin reported their department is now relocated to Ford Avenue on the 12th floor of the building which used to house Copeland's restaurant. DAAS is cosponsoring the **28<sup>th</sup> Annual Caregivers' Conference** at First Baptist Church on November 11 from 8:00AM to 3:30PM. 200 attendees and 40 vendors are expected.

**Senior Services:** Mary Lee announced a program on pets and the aging to be offered at the Animal Welfare Society of Alexandria this month.

**Police Department:** Officer Torrence described the Department's "Strategic Response System" which enables targeting of certain areas showing high crime statistics. **RAIDSONLINE:** a computer site which shows all crime in your area. A fraud scam for seniors to watch out for: Calls from persons purporting to represent the IRS, telling person they are in arrears with taxes and, in order to avoid problems, they must get "blue dot cash" sent with serial number to this IRS agent.

**Charles Houston:** November 2 will be their 42<sup>nd</sup> anniversary.

**Alexandria Recreation:** Two weeks of Northern Virginia Senior Olympics will start Saturday.

**Successful Aging:** The Robust Walk-a-thon will be held to raise money for their annual events. Dan Kulund will be onsite to teach people the program.

**Meeting Adjourned:** 6:04PM